



Pete Ricketts, Governor

DATE: April 17, 2020
TO: NDCS Inmate Population, Teammates and Visitors
FROM: Dr. Harbans Deol, Medical Director
RE: COVID-19 Close Contact

Since the onset of the coronavirus, we have become familiar with social distancing protocols, disinfection guidelines and utilizing universal health precautions to keep ourselves, and others, safe.

According to the Centers for Disease Control and Prevention (CDC), social distancing means keeping at least six feet between yourself and another person(s). The six-foot rule applies even when you are wearing a face covering; otherwise, you are too close and the potential for transmitting or contracting the virus becomes significant.

When determining close contact it is important to consider not only the distance, but also the duration that we spend with other people. It is entirely possible for someone to have COVID-19 and not show any symptoms. If we are within six feet of other people, we need to ensure we are wearing our facemasks and that the time spent with them is limited. The term "close contact" includes:

- Living in the same household as a person diagnosed with COVID-19
- Caring for a person diagnosed with COVID-19
- Being less than 6 feet from a person diagnosed with COVID-19 for 10 or more minutes, without wearing the proper PPE's
- Being in direct contact with secretions from a person diagnosed with COVID-19, without wearing the proper PPE's.

If you have not been in close contact with an infected person, you are at low risk for infection. At some point, you may be asked by an agency designee if you have had close contact with other people, either in an attempt to identify your potential exposure or to ensure those who have had exposure to you are symptom-free. This is an important part of disease control and tracking.

Scott R. Frakes, Director

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At present, there has only been one confirmed case of COVID-19 in NDCS, involving a staff member. Every precaution that we can utilize – handwashing, cough control, disinfecting, wearing a face covering, social distancing and avoiding close contact – is a step toward keeping all who live and work in our buildings and facilities, healthy and safe.

Please continue to follow all of the directives issued by supervisors and wardens. They have your best interests and personal safety at heart when it comes to minimizing the risks of this disease.